## THERE IS CLAIMED:

- 1. An optical fiber cable comprising at least one central strength member, at least one optical fiber, a metallic conductor surrounding said fiber and, surrounding said conductor, a layer of an insulative composition comprising mainly a mixture of polymers comprising at least one high-density first polymer and one low-density second polymer which has a lower viscosity than said first polymer.
- 2. The cable claimed in claim 1 wherein said first polymer has a melt flow rate less than 6 g/10 min.
- 3. The cable claimed in claim 1 wherein said first polymer is a high-density polyethylene and said second polymer is a low-density polyethylene.
- 4. The cable claimed in claim 1 wherein the proportion of said second polymer is at most 20% by weight of said polymer mixture.
- 5. The cable claimed in claim 4 wherein the portion of said second polymer is from 5% to 20% by weight of said polymer mixture.
- The cable claimed in claim 1 wherein said insulative composition further contains additives.
- 7. A method of producing a cable as claimed in claim 1 wherein said first and second polymers are mixed by means of a two-screw extruder.
- 8. The method claimed in claim 7 wherein the length of said extruder is equal to approximately 25 times its diameter.
- The method claimed in claim 7 wherein the rotation speed of said extruder is from 100 rpm to 200 rpm.
- 10. The method claimed in claim 7 wherein the temperature profile along said extruder between the inlet and the outlet is as follows: 100°C/160°C/180°C/200°C/200°C/210°C/215°C/220°C.